Complete Guide to Nose Ring Sizes and Gauges

Gold Jewelry & Accessories · https://www.purejewels.com/faqs/gold-jewelry-accessories/complete-guide-to-nose-ring-sizes-and-gauges/

Buying a nose pin or ring means getting three things right: the gauge (the thickness of the post), the diameter (for hoops and rings), and the backing (how it stays in place). Get them right, and the piece sits comfortably and securely; get them wrong, and it won't fit your piercing. This guide covers all three.

What is gauge, and which do I need?

Gauge is the thickness of the post or wire that passes through your piercing. It works backwards from what you'd expect; a lower gauge number means a thicker post. These are the gauges you'll come across:

Gauge	Post diameter	Most common for	Notes
16G	1.2mm	Stretched piercings, septum rings	Less common for standard r
18G	1.0mm	Standard UK nostril piercing	The most common gauge — use this
20G	0.8mm	Fine nostril piercings, sensitive noses	Popular for smaller noses or
22G	0.6mm	Very fine, delicate piercings	Less common — check with before ordering

The most important rule: your jewellery gauge should match the gauge your piercing was made at. Too thick and it won't pass through; too thin and the piercing can start to shrink around it.

What about diameter?

Diameter applies to hoops and nose rings, not studs; it’s the width of the ring’s circle. Most nose rings sit comfortably between 6mm and 8mm: 6mm to 7mm for a snug, close fit against the nostril, and 8mm for a looser, more visible hoop. If you’re between sizes, our team can help you judge it in person.

What backing type should I choose?

The backing is just as important as the gauge; it’s what keeps the pin in place. Each type suits a different wearer:

Backing type	How it works	Best for	Secu
Screw back	The post is threaded and screws into a small nut inside the nostril	Daily wear and active lifestyles	Highe
L-shaped	The post bends at 90° and tucks inside the nostril	Easy on and off; less frequent wear	Mediu
Straight pin	A traditional straight post, bent to shape after insertion	Traditional Indian fitting, experienced wearers	Lower
Flat back (labret)	A flat disc sits inside the nostril	Sensitive or healing piercings	High

How do I choose the right size?

If you’re not sure of your gauge, 18G is the safest default for most UK nostril piercings. If your piercing was done by a professional UK piercer, the surest route is to ask them which gauge they used; that is the size you need. Still unsure? Start with 18G, or visit our Green Street showroom, where our team can help you find the right gauge, diameter and backing in person.

Every nose piece we sell is solid 22ct or 18ct hallmarked gold, no plating, no hollow construction. Browse our gold nose pins, gold nose rings and naths, diamond nose pins, or gold nose studs to find your style.

By Jayant Raniga, PureJewels Green Street

Jayant Raniga is the third-generation director of PureJewels, the family jewellers on Green Street, London, founded by his grandfather Bhanji Gokaldas in Nairobi in 1950.